

★ Daily Cleaning Checklist

A little every day keeps the chaos away

Week of: _____



♥ Morning Tasks

- ☐ Make your bed
- ☐ Kids make their beds
- ☐ Unload the dishwasher
- ☐ Wipe kitchen counters after breakfast
- ☐ Start a load of laundry if needed
- ☐ Quick bathroom wipe down



♥ Evening Tasks

- ☐ Load and run the dishwasher
- ☐ Wipe kitchen counters and table
- ☐ Sweep or quick mop the kitchen floor
- ☐ 10-minute family tidy-up (everyone helps)
- ☐ Move laundry to dryer or fold
- ☐ Lay out clothes for tomorrow

★ 15-Minute Laundry Rule

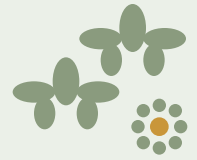
Gather, wash one load, fold yesterday's load.

Do this every day and laundry will never pile up again.



Weekly Cleaning Schedule

One task a day — that is all it takes



MONDAY Bathrooms

- ☐ Scrub toilet, sink and tub
- ☐ Disinfect light switches and handles
- ☐ Empty bin and replace liner
- ☐ Replace towels and restock supplies

TUESDAY Dusting

- ☐ Dust shelves and all surfaces
- ☐ Wipe skirting boards
- ☐ Clean mirrors and glass
- ☐ Dust fan blades if you have them

WEDNESDAY Vacuuming

- ☐ Vacuum all carpets and rugs
- ☐ Vacuum fabric furniture
- ☐ Vacuum under furniture edges
- ☐ Vacuum stairs if applicable

THURSDAY Floors

- ☐ Mop all hard floors
- ☐ Wipe entrance mats
- ☐ Spot clean any marks on walls
- ☐ Check under furniture

FRIDAY Catch-All Day

- ☐ Finish anything missed this week
- ☐ Tidy one problem area or drawer
- ☐ Wipe down all light switches
- ☐ Quick check of all rooms

SATURDAY Laundry and Linens

- ☐ Strip and wash bed sheets
- ☐ Wash bath towels
- ☐ Catch up on any remaining laundry
- ☐ Fold and put everything away

SUNDAY Rest Day

- ☐ Daily routine only
- ☐ No extra cleaning today
- ☐ You have done enough this week

♥ Rest is part of the routine too.



Monthly Deep Clean & Kids Chores

Slow and steady keeps the home running



♥Monthly Deep Clean Tracker

WEEK 1 Baseboards and Doors

- ☐ Wipe all skirting boards
- ☐ Clean door frames and handles
- ☐ Wipe light switches throughout house
- ☐ Clean front door inside and out

WEEK 2 Windows and Glass

- ☐ Wash all windows inside
- ☐ Clean all mirrors
- ☐ Wipe glass on picture frames
- ☐ Clean sliding door tracks

WEEK 3 Kitchen Deep Clean

- ☐ Deep clean inside the refrigerator
- ☐ Clean the oven inside and out
- ☐ Wipe inside all kitchen cupboards
- ☐ Descale kettle and clean appliances

WEEK 4 Behind the Furniture

- ☐ Vacuum behind sofa and large furniture
- ☐ Clean under beds
- ☐ Wipe walls behind furniture
- ☐ Check and clean behind washing machine

♥Kids Chore Chart

Little helpers make a big difference

AGES 2-4

- ★ Put toys away after playing
- ★ Wipe up small spills with a cloth
- ★ Carry plate to sink after meals
- ★ Put dirty clothes in laundry basket

AGES 5-7

- ★ Make their own bed each morning
- ★ Help load the dishwasher
- ★ Wipe bathroom sink
- ★ Water plants

AGES 8-11

- ★ Vacuum their room
- ★ Empty the dishwasher
- ★ Clean bathroom sink and mirror
- ★ Put their own laundry away

AGES 12+

- ★ Full responsibility for their room
- ★ Cook one simple family meal per week
- ★ Take bins out on collection day
- ★ Help with weekly tasks when asked



*"You are not just keeping a house clean.
You are building a home your children will always feel safe in.
That is everything."*



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